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Survivors plead for food, water and medicine and officials struggle to contend with bodies in the aftermath of a devastating typhoon that killed an estimated 10,000 PAGE 4

CAUGHT ON CCTV CAM

SARAH NO. 1 MAKES A SHOCKING REVELATION TO SHANNON OVER BENTO BOXES PAGE 6

A delegation places one of more than 60 wreaths at the cenotaph in downtown's Victoria Park on Monday to mark Remembrance Day. ROSS ROMANIUK/METRO

'Remember for tomorrow'

We won't forget.
Large crowds pay tribute, show gratitude to war dead at Remembrance Day services in the city

MARCO VIGLIOTTI
and ROSS ROMANIUK
regina@metronews.ca

Even bundled up and shivering, they stood and remembered.

A huge throng of people did not let an unseasonably cold Remembrance Day morning keep them from showing their gratitude to Canada's war dead in downtown Regina. Many arrived at the Victoria Park cenotaph on Monday long before the 10:45 a.m. service began, and the crowd of at least 500 stood silently throughout the service and the placing of more than 60 wreaths at the monument.

"Today we remember the women and the men who have served our country so valiantly," Lt. James Balfour, a naval reserve chaplain, said in a prayer as current and former Canadian Forces members and a colour guard stood by.

"We further pray that you will instil, in each and every one of us, a desire to make this world a safer place in which to live."

One by one, wreaths were placed to honour Canadians who had sacrificed their lives in the First World War, Second World War, Korean War and other conflicts. The Saskatchewan government, HMCS Regina, youth scouts, Regina firefighters, the Saskatchewan Union of Nurses and Afghanistan troops were only some of the groups whose representatives stepped forward.

Meanwhile, thousands of spectators packed the Brandt Centre, joining veterans and dignitaries in marking Remembrance Day.

In addition to RCMP and the Regina Police Service, Mayor Michael Fougere, MP Ralph Goodale and MLA Yogi Huyghebaert were among those who hung wreaths.

A special tribute was paid to veterans of the Korean War, as this year marks the 60th anniversary of the armistice that ended the conflict.

"On June 25, 1950, North (Korea) crossed the 38th parallel with their armed forces. This resulted in three years of war," Larry Adams, president of a local chapter of the Korean Veterans Association, told the crowd of the conflict that killed more than 500 Canadians.

At Victoria Park, Balfour lauded the turnout in the –15 C chill.

"It would have been easy to just say, 'Stay home and stay warm.' The fact that so many people came out — that says a lot about the understanding of the importance of this day," Balfour told Metro.

"These people are out here to remember for tomorrow."

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"Number one job site" based on six-month average online job postings for period ending October 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

No injuries reported

Two more CN Rail trains jump tracks in Sask. and Ont.

Saskatchewan and Ontario saw the latest in CN train derailments over the last few days.

On Saturday, six cars came off the tracks in Asquith, Sask., about 33 kilometres west of Saskatoon.

RCMP say the incident happened around 7:30 p.m. None of the cars were carrying dangerous goods. According to one report, the cars were loaded with lumber.

The RCMP issued a statement saying they were investigating, but there was no mention of any injuries or evacuations.

On Monday, investigators from the Transportation Safety Board (TSB) were headed to the scene of another derailment near Fort Frances, in northern Ontario.

The TSB says about 40 CN freight cars loaded with grain came off the tracks.

The short statement from the TSB didn't say whether anyone had been injured. THE CANADIAN PRESS

$250,000

Province pledges aid for typhoon

The government of Saskatchewan is providing $250,000 to the Philippines in the aftermath of a typhoon that has killed an estimated 10,000 people.

"On behalf of the government of Saskatchewan and the citizens of our province, I offer our prayers, our thoughts, our best wishes to the thousands of families in the Philippines dealing with the devastation and loss of life in the wake of Typhoon Haiyan," Premier Brad Wall said Monday in a statement.

Wall also extended condolences to Saskatchewan's Filipino residents who have family abroad. METRO

Agricultural trade show still going, still growing

Canadian Western Agribition. Event has been booming since it began back in 1971

ROSS ROMANIUK
ross.romaniuk@metronews.ca

Perhaps only an agricultural event could grow like this.

But even the president of the Canadian Western Agribition, Reed Andrew, seems a little surprised at how the Saskatchewan farm trade show has taken off since its inception 42 years ago.

"It's grown and grown," said Andrew, whose father co-founded the Agribition, on Monday as the sprawling showcase got started for another six-day run at Regina's Evraz Place.

"The Canadian Agribition brand is known all over the world.... We have over 700 international guests coming from 60 countries."

More than 4,000 head of cattle, horses, goats and sheep and more than 800 trade-show booths have packed some of the halls and pavilions, along with a building full of "lifestyle" product exhibits — many of which seem more removed from farm fields.

"Everything imaginable is in that building," Andrew said. "It's really attractive to city people. It's a great place to buy Christmas gifts."

At least 125,000 people are expected to file through the doors through Saturday, many of them taking in a rodeo running on the Brandt Centre's arena floor.

A high school division, featuring a large contingent of Saskatchewan ropers and riders among other competitors, burst out of the gate on Monday afternoon.

And still changing

New at the Agribition this week is an extended "lifestyle" pavilion, running two hours later on Thursday — until 9 p.m. — than its closing time on other days.

Reed Andrew, president of the Agribition, shows some of the livestock exhibits as the trade show gets underway on Monday. Inset, one of many high school rodeo competitors chases down a calf. ROSS ROMANUIK/METRO

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UN climate talks. Envoy to fast until he sees hope

The devastation caused by Typhoon Haiyan cast a gloom over UN climate talks Monday as the envoy from the Philippines broke down in tears and announced he would fast until a "meaningful outcome is in sight."

Naderev "Yeb" Sano's emotional appeal was met with a standing ovation at the start of two-week talks in Warsaw, where more than 190 countries will try to lay the groundwork for a new pact to fight global warming.

Choking on his words, Sano said he was waiting in agony for news from relatives, though he was relieved to hear his brother survived.

"In the last two days he has been gathering bodies of the dead with his own two hands," Sano said.

UN climate chief Christiana Figueres also made reference to the "devastating impact" of the typhoon in her opening speech and urged delegates to "go that extra mile" in their negotiations.

Scientists say single weather events cannot conclusively be linked to global warming. Also, the link between man-made warming and hurricanes is unclear, though rising sea levels are expected to make low-lying nations more vulnerable to storm surges.

Nevertheless, extreme weather often prompt calls for urgency at the UN talks.

Last year, Hurricane Sandy's assault on the U.S. East Coast and Typhoon Bopha's impact on the Philippines were mentioned as examples of disasters the world could see more of unless it reins in greenhouse gas emissions. THE ASSOCIATED PRESS

Imploring

"We can fix this. We can stop this madness. Right now, right here."

Philippine envoy Naderev "Yeb" Sano, to the other delegates in Warsaw.

Victims cry out amid death and desolation

Tacloban, Philippines. Rescuers struggle to operate in city ripped asunder by typhoon

A survivor writes a message on their port to call for help in the typhoon-ravaged city of Tacloban on Monday. AARON FAVILA/THE

Bloated bodies lay uncollected in the streets and desperate survivors pleaded for food, water and medicine as rescue workers took on a daunting task Monday in the typhoon-battered islands of the Philippines.

The city of Tacloban resembled a garbage dump from the air, with only a few concrete buildings left standing.

At a small naval base, eight swollen corpses — including that of a baby — were submerged in water. Officers had yet to move them, saying they had no body bags or electricity to preserve them.

Authorities estimated the typhoon killed 10,000 or more people, but with shattered communications and transportation links, the official death toll three days after the storm made landfall remained at 942.

Soldiers from the Philippines and U.S. were distributing food and water, and teams from the United Nations and other international agencies were seen Monday for the first time.

Emily Ortega, 21 and about to give birth, said she clung to a post to survive after the evacuation centre she fled to was devastated by the six-metre storm surge. She reached safety at the airport, where she gave birth to a baby girl, whose arrival drew applause from the military medics who assisted in the delivery. THE ASSOCIATED PRESS

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REUTERS/Erik De Castro

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Gifts. Flipboard helps take guesswork out of holiday shopping with wish lists

Personal magazine creator Flipboard is expanding into shopping catalogues just in time for the holiday shopping season.

A tool released Monday will allow Flipboard users to display their gift wish lists and highlight their favourite products in a catalogue-like format. The digital catalogues include links so the products can be purchased by anyone browsing through the selections on Flipboard's application for Apple Inc.'s iPhone and iPad, as well as mobile devices running on Google Inc.'s Android operating system.

Several merchants and websites, including Gap Inc.'s Banana Republic and eBay Inc., are distributing Flipboard catalogues.

THE ASSOCIATED PRESS

Growing group

Flipboard has accumulated about 90 million users so far, says co-founder Mike McCue.

Attempting a turnaround

Sears selling stake in eight properties

Sears Canada Inc. is selling its 50 per cent interest in eight properties for about $315 million, the national retailer's latest major real estate transaction. THE CANADIAN PRESS

Random biz fact of the day

6 sec.

Hiring managers spend about 6 seconds on a resume to look for: Name, current/previous company, title, position start/end dates, and/or education.

CAREERLEAF/NEXCAREER

Beer pours $13.8B into economy

JONATHAN HAYWARD/THE CANADIAN PRESS FILE

Cheers to that

Brewskies account for 1% of GDP

A new report from the Conference Board of Canada found the brewing, transportation, sale and consumption of beer contributes $13.8 billion to the country's economy, or nearly one per cent of GDP.

LUKE SIMCOE/METRO

Brews up jobs

"Beer has been a part of Canadian life for hundreds of years. The beer economy is a significant employer. No matter where people buy beer, they support jobs across the country."

Pedro Antunes, with the Conference Board of Canada

Patriotic pints

85%

Unlike other countries, our beer industry is highly domestic. Roughly 85 per cent of beer consumed in Canada is produced here.

1 of 100

The study found the beer industry supports 163,200 jobs in Canada, meaning one out of every 100 jobs is beer-related.

Wobbly pops still the tops

- Beer is the most popular alcoholic beverage in Canada, accounting for 45 per cent of all alcohol sales and 8.1 per cent of total household expenditures on food and drink.
- Canadians drink roughly 23 million hectolitres of beer annually, or roughly 80 litres per capita.
- The beer economy brings in $5.8 billion in municipal, provincial and federal tax revenue.
- Yukon residents drank the most beer, at roughly 385 bottles per capita per year. British Columbians drank the least beer per capita, at 205 bottles annually.

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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

metronews.ca/temp

9-to-5 alternatives

Care to wing it in Melville?

While the public has heard horror stories and urban myths about temporary work, some of the jobs posted for temporary workers sound more inviting than the nine-to-five grind.

In Regina, someone is looking for a live-in caretaker for an elderly woman to spend six months of summer in Katepwa Lake, Sask., with the other six months, the cold season, spent in Phoenix, Ariz.

The posting on Kijiji advertises a working wage of $10.51 an hour and residence in a private household. The job description consists of regular tasks like doing dishes, gardening and other typical household chores.

However, other postings, like a help-wanted ad for people to clean poultry barns in Melville Sask. — a 40- to 70-hour-per-week job depending on the number of barns, with a wage of $18 an hour — will make you appreciate your warm, clean office more than ever before. METRO

GETTY IMAGES

Temp is Slightly Shocked by Lunch Query

We settled on the Saipan, a Japanese lunch place run by a noisy Belarusian family. It's a quick walk if you cut through the next-door parking lot of AmQex, a defence contractor, and trek over brown grass berms forested with CCTV cameras atop white poles.

We quickly ordered two bento boxes and sat down by a window.

"How's temping?" asked Sarah.

"I get used to feeling disposable."

"You know about the warehouse fire, don't you?"

"Know what?"

"Kevin Taylor's wife started it."

"No!"

"Yes. They caught her on the AmQex cameras."

"Holy moly. Why?" I played dumb.

"Nobody else knows. The Danimal told me."

"Huh."

Our boxes arrived and we quickly ate. Sarah had yet to tell me why we were there — and then she did: "So, are you and Kyle a, um, couple?"

For once I got to roll my eyes. "No! And I keep on feeling like we're two pandas in a Chinese zoo and everyone's waiting for us to mate." I remembered my pledge to be nice. "Why are you asking?"

"Because I thought maybe he and I …"

"Sarah, you're 40!"

"So?"

"I'm sorry. That just blurted out. But really, Sarah, you're 40 and he's maybe 25."

"All the better."

I sucked in a breath. "Well, he's all yours to win, and he may be getting a job at the refineries, so he's ready to settle down, too."

"You think I'm a perv?"

"No. I say go for it and good luck. He can get you discounts on skateboard equipment, too."

"Meow."

"Just wrapping my brain around this." We ate the remains of some oily tempura. Then I realized something: "It was very nice of you to ask me first. For real."

"I'm not a monster. And I'm just not another Sarah Unit around the office."

"I guess not."

Walking back, we approached two older guys with cardboard signs begging at the stoplights, one an Afghan vet, the other guy just old and sad. Sarah and I looked at each other. "What are we going to do?" I asked.

"I'm not a monster. And I'm just not another Sarah Unit around the office."

"I always give the old guys something because, I mean, what are they going to do, become Walmart greeters? The young guys … if I think it's going on drugs I don't give. But the Afghan guy doesn't look druggy."

"He just looks so lost and forgotten."

We ended up giving each of them 20 bucks, and Sarah did a cool thing: She asked them each their name, and they were so glad just to be able to say it to someone, and then hear it said back to them — like the world remembered them again. The old guy was Kurt, the younger guy was Darren.

When we got back to the office, there were six police cruisers in the lot, cherries flaring. Uh-oh. And vans. And a K-9 unit.

TO BE CONTINUED …

Random biz fact of the day

18%

Why not speak up — 18 per cent of people never negotiate or make a counteroffer when taking a new position.

SOURCE: NEXCAREER

Random fact of the day

Life in plastic, it's fantastic. The name? Not so much …

- Barbie's full name is Barbara Millicent Roberts. Ken's full name? Ken Carson.

SOURCE: WIKIPEDIA.ORG

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AGE IS JUST A SERIES OF 'SHOULDN'TS'

SHE SAYS

Jessica Napier
metronews.ca

They say age isn't so much a number but a state of mind. And while that idiom might have some truth to it, at 28 years old, my mind and body agree that there are some things I've definitely outgrown. It's not that I'm too old for this stuff, but perhaps I'm just not quite young enough anymore.

Not eating vegetables. There was a period in my youth where I subsisted on a steady diet of coffee, vodka, pizza and sugary breakfast cereals. It wasn't healthy but it was delicious. Nowadays, if I go for more than 24-hours without some form of leafy green I can literally feel my body rebelling against me. I've turned into someone who actually cares about the nutritional content of different types of lettuce and I regularly use the phrase "super-food" without a hint of irony. If there is a way to add kale to my meal, it's happening.

House parties. Don't get me wrong, I love a civilized wine and cheese soiree in the comfort of one's home, but there are certain types of residential bashes that are best left to the younger set. Drinking strong mixed drinks composed of found-liquor in a stranger's kitchen and then playing a round of flip cup with people born in the 1990s — this is not for me. The terrifying bathrooms are a deal breaker on this one.

Slumber parties. Crashing on a friend's couch in an emergency or spending a weekend away at a cottage with a group of friends is one thing, but sleeping over just for the sake of it just seems pointless. I'm sorry, but I happen to be very specific about my pillow density and enjoy being productive in the mornings. If we live in the same city, I can guarantee that I'm heading home at the end of the night to sleep in my own bed.

Caring about my ex-boyfriends on social media. The days of cyber-stalking my exes and analyzing every new profile photo and wall post from a beautiful girl are behind me. Maybe I can chalk this one up to my own maturity but it's probably because there are too many engagement announcements and baby photos clogging up my news feed.

Becoming deeply invested in television shows aimed at teenagers. Earlier this year I found myself sick in bed for the weekend and decided to binge-watch Pretty Little Liars on Netflix. Am I proud of this decision? Of course not. But now I am regrettably committed to watch (and worse, care about) this mindless teen soap until its ultimate cancellation. And yes, in this case knowing that I am too old for this type of behaviour doesn't stop me from doing it.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Art to give a hoot about

CECELIA WEBBER/SOLENT NEWS

Owl reproduced from nude models

This amazing picture of a flying owl has been given a truly human touch — because the artist has created it out of people.

American artist Cecelia Webber takes hundreds of photographs of nude models and spends up to a year editing them together on her computer to create extraordinary collages. **METRO**

Artist is the subject of work

1

model was used in this picture on an owl in flight — the artist herself.

"I spent about a year trying to perfect that pose of me falling forward," Webber, an American artist based in Montreal, explains. "Then it took about three months for me to complete the rest of the image." Asked if she considers this work to be a self-portrait, the artist answers: "I don't see myself per se in my works. To be frank, I would be really intimidated if I did!"

Birds and bugs make 'poetic' images

Birds and insects are Webber's preferred subjects, as the animals' discrete and distinct body parts are easier to imitate using individual shots.

"It's more difficult to realistically duplicate the fur of an animal," Webber tells Metro. "There is something more poetic about a bird shape, for instance. Its feathers are conducive to movement." **METRO**

What's next?

"I would like to create an endangered species next. Reproducing this animal with real human shapes would help rekindle our connection with nature."

Cecelia Webber, artist

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

METRO FILE

Instagram, a.k.a. ground zero for food porn, is home to filtered flans, videoed vindaloo and all sorts of digitally documented delicacies. While a quick tour through the archives will likely get your stomach rumbling, why not go straight to the horse's mouth and see what celebrity chefs are posting.

@aprilbloomfield:
Two-time Michelin Star winner April Bloomfield (of Spotted Pig, Breslin and Iron Chef America fame) not only knows her way around the kitchen, but also around a camera.

@jamieoliver:
No stranger to social media, Oliver's found quite the social media following. His Instagram account not only shows beautiful food pics, but includes the occasional how-to video.

@davidchang:
While food dominates the Momofuku founder's photo feed, markets, music and sunsets make up a fair share of the Korean-American chef's pics.

Letters

It's more shocking than the sordid details that make up the Rob Ford scandal. That is, the enduring approval rating of the mayor among Ford Nation.

The circumstances should have sunk the mayor even among his most loyal followers. But why hasn't it? I suggest the media has done a poor job covering the story, other than laying out the sordid facts and rumours, while making news themselves lying in wait.

It has been an epic fail. This mess is more than just an extremely entertaining freak show.

I was in a cab this weekend in St. Catharines and the subject of our mayor came up within thirty seconds.

"Why is the media picking on the mayor for partying on his own time," the driver asked with some frustration.

The media has failed to tell the story in a way that convinces the die-hard supporters that this is serious business. It is serious business in terms of how Ford has compromised himself as mayor.

Ted Burley, Toronto

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Send us your comments: reginaletters@metronews.ca

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SCENE 2

DVD review

Man of Steel

Director. Zack Snyder

Stars. Henry Cavill, Amy Adams

●●●●○

A planet explodes, buildings collapse and heroes and villains battle amidst the debris in Man of Steel, a blockbuster in every sense of the word. The film's most impressive feat, however, is considerably more cerebral: convincing us that the Superman movie we don't need is one that we may actually want — and the thought of a more streamlined sequel is even better. Snyder (300, Watchmen) packs more details into one montage than most directors put into an entire movie. He's in no rush to place thoughtful British actor Henry Cavill (TV's The Tudors) into the revamped Superman suit, or even to have his superhero referred to by name, which barely happens. Instead Snyder luxuriates in making Man of Steel a true origin story, giving us a view of doomed planet Krypton never before glimpsed in innumerable previous Superman movies. Origin stories rarely achieve 100 per cent success since there's usually too much story to their origins. Man of Steel is no exception, but there's reason to hope that future chapters will really lift us up, up and away. Hours of extras, mostly on Blu-ray, include multiple making-of featurettes.

PETER HOWELL

Michael J. Fox shakes off the comedy dust

Surprise success. Comedian's new show is proving the critics wrong as it gets picked up for syndication

EMILY LAURENCE
Metro World News

The results are in. Now halfway through the season, Michael J. Fox is proving early doubters wrong with the surprise success of The Michael J. Fox Show. When Fox decided to return to TV full time, people were supportive, but no one was quite sure what to expect. But the show has just been picked up for worldwide syndication and boasts some big upcoming guest stars, such as Sting, who will play himself in the show's holiday special.

The show is loosely based on Michael's real life — he plays a family man with Parkinson's who decides to return to work — but beyond the premise, it has its own storyline separate from the actor's life. "The story of our first season is that after everything he's been through, Michael J. Fox is still one of the funniest men in America," creator Sam Laybourne tells Metro.

On the show, it's Fox's character Mike's wife who pushes him to go back to work, but Fox says in real life, he pushed himself. "I was enjoying my guest appearances (on The Good Wife and Curb Your Enthusiasm) so much that I thought, 'Why can't I do this? What is the unwritten rule that I can't go back to work full time?' The more I thought about it, the more I thought, 'Why can't I do a show?' I couldn't find a reason not to," Fox says.

"Being a guy with Parkinson's, there's a whole new set of tools for him," Laybourne says. "There was this sort of fear going into it that Michael is somewhat limited. He's not limited. He's using different tools, which are equally if not more funny. He's up for anything."

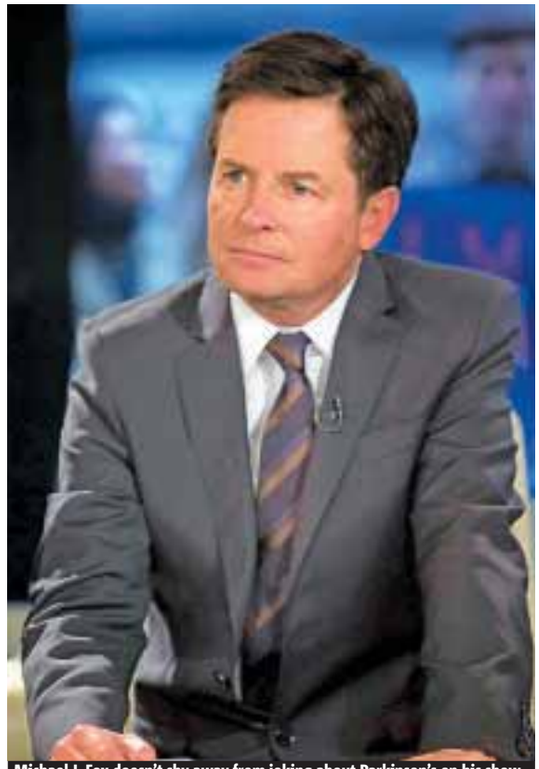
The show doesn't shy away from joking about Parkinson's, a tactic that is meant to help the audience feel more comfortable with it as the season goes on. Laybourne explains that early in the season, viewers may have felt uncomfortable laughing at Parkinson's jokes, but people that have stuck with the show laugh about it, just as the characters on the shows do.

"We make a lot of Parkinson's jokes on set," Betsy Brandt, who plays Fox's wife on the show, tells Metro. "Michael always says, 'Everybody's always got their own bag of hammers.' It's a little shaking, it's not the end of the world. … For everybody, there's going to be something — maybe not a chronic disease, but something — that you struggle with."

"My view of life is coloured by humour and looking at the best in any situation," Fox says. "One of the things I love about the show is that it gives me the opportunity to tell people who have disabilities or different challenges that they deal with that you can step back into life. You can be a part of life. You just have to allow for the facts of your situation. Instead of hiding that or being in denial about it, put it out there, and that's what I'm doing with the show."

Family-friendly fun

Co-creator Sam Laybourne credits the show's family-friendliness for its success. "My favourite tweet ever I've seen about the show is, 'Watching with my family. We were cracking up like maniacs,'" Laybourne says. Family comedy makes a comeback, it seems.



Michael J. Fox doesn't shy away from joking about Parkinson's on his show.
CONTRIBUTED

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The Word

Lance Bass ready to say Bye Bye Bye to bachelorhood

Wedding fever has apparently gripped the former members of 'N Sync, with Lance Bass the next to walk down the aisle next year with fiancé Michael Turchin. And he tells Us Weekly that he picked up some wedding planning advice from Justin Timberlake's wife, Jessica Biel, at 'N Sync member Chris Kirkpatrick's wedding earlier this month.

"We were sitting there talking to Jessie Biel, and she gave us a lot of great pointers. And she had some really great ideas," he says. "One really cool idea she had was that, on the invites — because we love our onesies — send out personalized onesies to all our guests so that at midnight after the reception it turns into a pajama party. How fun would that be? I think we might be doing that one."

METRO WORLD NEWS

Lance Bass and Michael Turchin. ALL PHOTOS GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Miley Cyrus

Miley continues her blaze of glory as she burns one at the MTV Euro awards

Miley Cyrus went for shock value at an MTV awards show once again, lighting up and smoking what appeared to be a joint while accepting the award for best video at the MTV European Music Awards — only American audiences didn't get to see it. In the version broadcast in the States, the cameras cut away to audience reaction shots as she pulls the joint from her purse, lights it and puffs away.

"No one was expecting that to happen," a source close to the show tells Us Weekly of the stunt. "It was so brazen, so shameless. It was so uncalled for."

Twitter

@JuddApatow
Life may have been better before we knew what everyone else thought so specifically. I liked knowing less people.

@GarryShandling
I've only seen a real wrecking ball once, so I just don't know how accurate the miley cyrus video is. No comment.

@joeldavidmoore
"Was it worth holding in a fart for an hour?" — how men judge a massage

metronews.ca

Under the provisions of *The Alcohol and Gaming Regulations Act, 1997*

Notice is hereby given that **Prairie Green Restaurant (Southland) Holdings Limited**
(Name of applicant: individual/corporation, etc)

has applied to the Liquor and Gaming Authority for a **Restaurant**
(Tavern/Restaurant/Special Use/ Manufacturer)

Permit to sell alcohol in premises known as **Swiss Chalet** at **2615 Gordon Road Regina, SK**
(Name of establishment) *(civic address ie. street/town)*

for which the following is a correct legal description:
(Describe accurately the location of the premises including lot, block and plan number and civic/street address)
Plan 78R20752 Block Q

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to:
Saskatchewan Liquor and Gaming Authority
Box 5054
Regina Sk S4P 3M3

Under the provisions of *The Alcohol and Gaming Regulations Act, 1997*

Notice is hereby given that **Princey Salon Ltd.**
(Name of applicant: individual/corporation, etc)

has applied to the Liquor and Gaming Authority for a **Special Use - Salon Spa**
(Tavern/Restaurant/Special Use/ Manufacturer)

Permit to sell alcohol in premises known as **A C Salon and Spa**
(Name of establishment)

at **5602 Rochdale Blvd. Regina, SK** for which the following is a correct legal description:
(civic address of establishment)

(Describe accurately the location of the premises including lot, block and plan number and civic/street address)
Lot C Block L2 Plan No. 101171539 Ext 1 Surface Parcel No. 111368886
5602 Rochdale Blvd, City of Regina, SK.

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to:
Saskatchewan Liquor and Gaming Authority
Box 5054
Regina Sk S4P 3M3

Mind the App

Life in the womb

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

iPad
$4.99
This jaw-dropping simulation explores every stage of a pregnancy with insightful detail, doctor's recommendations and 3D animations capturing milestones like the growth of fingers, the opening of eyes and smiling.

Half off update

Six weeks ago we introduced Metro Winnipeg editor Elisha Dacey who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert. Elisha wants to lose half of her body weight and has been writing about it in her online blog, Half Off. Elisha recently blogged about the fact that some of her clothes are way too big now, and she's going to pack them up and donate them. "I have several sizes of clothing in my closet and getting rid of the top sizes is good, and it's scary. Getting rid of these clothes means there's no going back."

- **Read the blog.** metronews.ca/half-off

Fueling future athletes

Nutrition. Women's hockey star Meghan Agosta credits her Mom's healthy cooking for helping to turn her into an Olympian

THERESA ALBERT
life@metronews.ca

Meghan Agosta, who plays forward on the Canadian women's hockey team bound for the 2014 Winter Olympics in Sochi, Russia, says she couldn't have done it without her mom.

As a family with four kids, including avid hockey players, the costs of feeding, schlepping, buying equipment and travelling can get pretty costly, both in terms of time and money. Women's hockey doesn't garner the same kind of attention, scholarships, sponsorships or salaries that men's can. But the game is no less intense.

Feeding a growing athlete isn't easy, but fuelling up before, after and during games is critical.

Agosta's Italian family loves to cook and the athlete recalls baking with her mom, Char, from an early age. According to Char, keeping Agosta in snacks for her 5 a.m. "practise and straight to school" lifestyle was a job in and of itself.

Now, the team has a nutritionist who helps them plan meals, dissects their periodic food logs and gives feedback on blood work.

They wear heart rate monitors for all practices and games and have personal goals to get the best out of their mostly 20 something bodies. But, growing up, it was all mom's job.

Future Olympians need as much help off the ice as they do on it. ISTOCK PHOTOS

Char says she simply focused on fruits and vegetables and keeping Agosta full. Foods like tangerines during the game and high mineral choices like broccoli and artichoke played a huge role but they were on the roster because Agosta loved them, not because they had a job to do.

Most of the team now says that they eat what they like and are aware of healthy choices but aren't hyper focused on it. On the road, almost all meals are team meals and buffets serve up a hefty balance of proteins, carbohydrates and lots of fresh vegetables.

There are no special diets or carb avoiders in the group. The athletes know they need a balanced diet to keep them going.

Agosta started playing hockey at age six because she wanted to do everything her brother did. Char says that it wasn't that hard to keep it all moving with a little planning and early meals, which were quite simple. Her key was to always have snacks on hand and to focus on the fun.

Meghan, left, and Char Agosta. THERESA ALBERT/METRO

Early morning pre-practice meals contained a lot of carbs, like oatmeal, whole grain toast and chocolate milk. Mid-game had tangerines for hydration and quick calories. After practice but before school was a baked good in the car and Agosta remembers eating both at recess and lunch.

Perhaps lending credence to the theory that family meals contribute to a child's success, Agosta's dad, Nino, was big on an Italian family meal at the end of the day.

What comes across loud and clear is Agosta's focus and determination in everything she does from answering simple questions about snacks to playing hockey.

Taking things in stride (even on skates) while staying on track is a fine balance no matter who you are, but getting this far in a sport "designed for boys" takes a special kind of strength that only good food and the support of a good family can provide.

The whole family is grateful for the support of the Thank You Mom program from Proctor and Gamble, which celebrates athletes' mothers through wide-spread campaigns.

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Saturday November 30th, 2013
Fashion Show at 7pm

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www.triplefdresses.com www.facebook.com/FlirtFormalFashions

NEED A RIDE?
Read metrodrive every Wednesday.

Stuff the Southwest into kid-friendly sweet potatoes

Kids will love this healthy and colourful dish.

For a little extra flavour, roast the corn along with the peppers. If you like a little heat, serve with hot sauce.

1. Heat oven to 190 C (375 F).

Ingredients

- 4 medium sweet potatoes, about 375 g (12 oz) each
- Vegetable oil
- 250 ml (1 cup) cooked corn kernels (about 2 cobs)
- 250 ml (1 cup) canned black beans, drained and well rinsed
- 125 ml (1/2 cup) diced roasted sweet red pepper
- 3 green onions, sliced
- 15 ml (1 tbsp) ground cumin
- 1 ml (1/4 tsp) each salt and pepper
- 125 ml (1/2 cup) shredded jalapeno havarti, cheddar or mozzarella cheese

This recipe serves four. THE CANADIAN PRESS

2. Scrub sweet potatoes and cut in half lengthwise. Brush cut sides with a little oil. Place, cut side down, on parchment paper-lined shallow baking sheet; bake until tender when pierced with a knife, 35 to 45 minutes. Let cool enough to handle.

3. Scoop out flesh, leaving a 1-cm (1/2-inch) shell.

4. In a large bowl, mash scooped-out sweet potato until smooth. Fold in corn, beans, red pepper and green onions. Season with cumin, salt and pepper. Spoon filling into shells and return to baking sheet.

5. Sprinkle each half with 1 tbsp of the cheese. Bake until heated through and cheese melts, 5 to 10 minutes. THE CANADIAN PRESS/ FOODLAND ONTARIO

Veg chip, dip, repeat

These nutritious and delicious Vegetable Chips With Roasted Pepper Cream Dip are easy to make.

When completely cooled, they can be stored at room temperature in an airtight container for up to two days.

Re-crisp in a warm oven before serving. The dip also makes a great garnish for soups or salads.

1. Using a vegetable slicer, cut carrots, beets, parsnips and potatoes into very thin slices.

Ingredients

- 2 each peeled carrots, beets, parsnips and potatoes
- 45 ml (3 tbsp) vegetable oil
- Salt, to taste

Dip

- 250 ml (1 cup) cream cheese, room temperature
- 125 ml (1/2 cup) sour cream
- 15 ml (1 tbsp) lemon juice
- 3 roasted red peppers
- 2 ml (1/2 tsp) grated orange rind
- 1 or 2 cloves garlic, minced
- 30 ml (2 tbsp) chopped chives, plus extra for garnish
- 1 ml (1/4 tsp) ground cumin
- Salt and pepper, to taste
- Chili sauce (optional)

This recipe makes four to six servings. THE CANADIAN PRESS

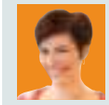
2. Keeping beets separate, toss all vegetables with oil to coat thinly.

3. Line 2 large baking sheets with parchment paper; arrange all of the vegetable slices in a single layer on the baking sheets. Bake for 15 minutes. Reduce heat to 120 C (250 F); bake for about 45 minutes longer, turning slices at least once, or until crisped and browned. Sprinkle with salt.

4. Dip: In food processor, purée cream cheese, sour cream, lemon juice, peppers, orange rind and garlic. Stir in chives, cumin, salt and pepper. Top with a swirl of chili sauce, if using, and more chopped chives. Serve with chips. THE CANADIAN PRESS/ FOODLAND ONTARIO

Health Solutions

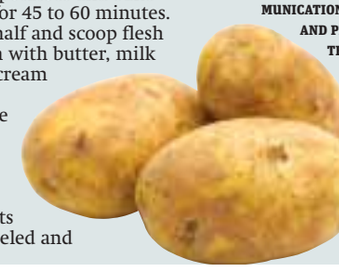
You say potato, I say potassium



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

At last count there were 36 varieties of potato grown in Canada and many more heritage varieties. All of them boast impressive amounts of potassium and fibre for their approximately 100 calories. The trick is, you have to eat the skin. Think about using potatoes in these creative ways.

- Baked mashed potatoes: Scrub and poke russet or baking potatoes and bake whole for 45 to 60 minutes. Cut in half and scoop flesh to mash with butter, milk and/or cream cheese. They are fluffier and retain more nutrients than peeled and boiled recipes.

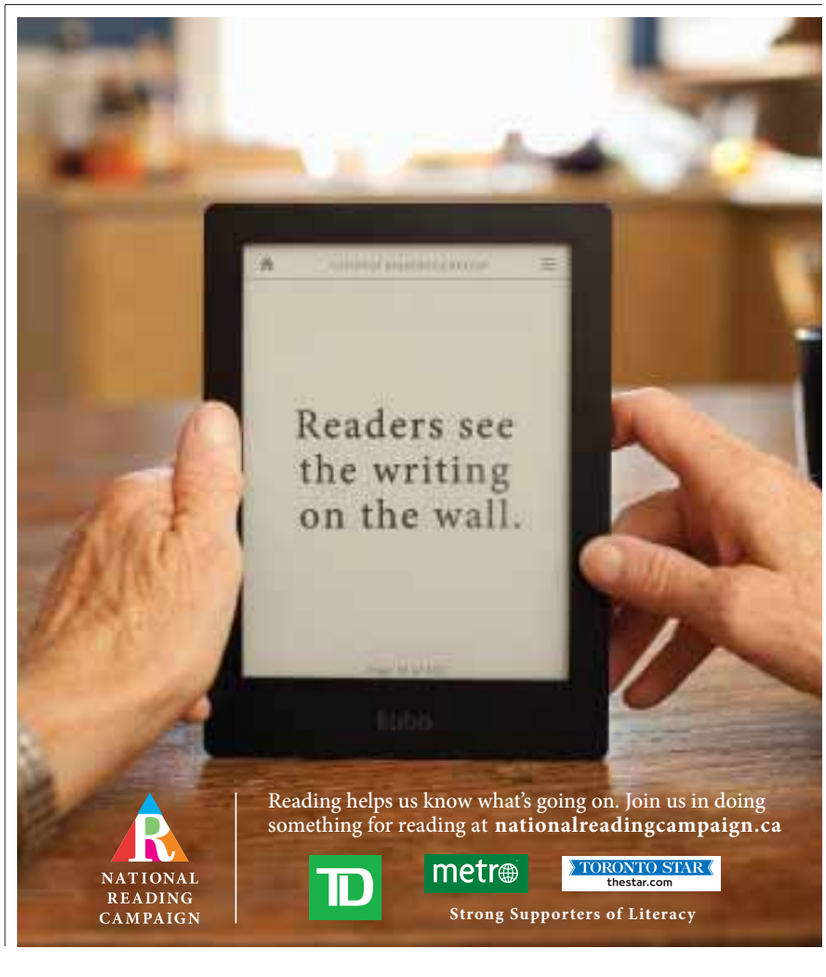


- Grate a whole potato into an oiled skillet and fry for a few minutes. Top with whisked eggs, cinnamon and sliced apples and pop into the oven at 375 F for 20 to 30 minutes to cook through. The dish has more protein and nutrients than pancakes and is just as yummy with maple syrup.

- Stir extra virgin olive oil, garlic and lemon juice into leftover mashed potatoes and serve as a veggie dip.

And don't you believe the rumours about potatoes — they are actually really nice once you get to know them.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM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If you're thinking of approaching a temp agency, research the agency and find out what types of services it offers. ISTOCK

Got your eye on temp work? Take note of these survival tips

Employment. Having a plan for approaching agencies and knowing what to do on the first day of work can help smooth the way into this field of recruiting

YOUR MONEY
Alison Griffiths
money@metronews.ca

Whether you are in IT, hospitality or engineering there's a temp agency recruiting in that field. Statistics Canada has tracked the increase of temp workers from just over 11 per cent of the workforce in 1997 to 13.6 per cent in 2011.

The numbers can be interpreted as proof of deterioration in employment, or movement to a more flexible workplace. Either way, there's no question that the temp field can offer an entry into the labour market or even an ongoing career.

Shari Angle, vice president with Adecco, Canada's largest temporary recruitment agency, offers some tips on becoming a temp worker:

• Research the agency. Some offer services that are very specialized.
• Map out what types of jobs you have experience in and what type of work you would be willing to do.
• Map out the specific times and hours per week you are available to work.
• Contact your job references informing them that you are actively seeking employment because they will be called.

To make temp work a little less disorienting, have a checklist of questions to be answered before the first day of work:

• Where do I park?
• Where is the staff entrance?
• What is the dress code?
• How do breaks and lunch work?

Angle also recommends workers ask for a "go-to buddy" for day-to-day questions.

Temp workers are paid by the agency, which will supply the T4 slip for tax purposes. Adecco, for example, pays employees weekly but other agencies may have a different policy.

Some agencies offer benefits to employees on long-term assignments and access to training programs.

As with any job, those who are reliable and flexible jump to the head of the list for future employment.

Budgeting for the temp life

- It can be challenging to manage a temp-worker budget, because your hours can vary widely.
- First, establish your monthly essentials amount, including rent, car payments, utilities and so on.
- Then have the paycheque deposited into a savings account and transfer only the must-spend sum into a chequing account. The idea is to sequester a savings cushion in case there is a dry patch.
- Once the work starts to flow you can ease up the spending restrictions but try to keep two to three months of expenses stashed in savings.

Getting tired on the temping treadmill?

Take a time out to think. First, adapt to the ever-shifting experience, then find a way to progress your career past that phase

MIKE DJOC
life@metronews.ca

Jumping from job to job and adjusting to new colleagues and work environments on a regular basis can take an emotional toll. Temp nation's population currently sits a little over the two million mark according to Stats Canada's most recent monthly employment numbers, so odds are if you're on the temping treadmill you're not alone.

We tapped Vancouver-based workplace psychologist Dr. Jennifer Newman's expertise on keeping a healthy mindset, temp networking and breaking the cycle.

Do you think the aging workforce — people who in the past may have worked one job for 20 years — cope differently with the stresses of temping than the emerging workforce?
A lot of people who have had 20 years experience at one job may find it interesting to have variety or they might find it stressful learning new things. On the flip side, a less experienced worker can feel stressed because they are constantly having to learn something new. They're turning into a jack of all trades and a master of none. The other side of that is they are getting a lot of work experience that they wouldn't otherwise have in different industries and in different offices and gaining new skills that way.

What advice do you have for serial temps who feel they're going nowhere and want to break the cycle?
Make a mini-business plan for yourself as if you were your own company. A lot of times it's a lack of focus and not really sitting back long enough and thinking, "OK what do I actually really want?" Then it's (a matter of) breaking it down. What are the stepping stones? What training would I have to get? What other kinds of job experience through my temp agency can I try to get? Who can I network (with)? The nice thing about meeting different people through a temp agency is if you strike a chord you can network with them. You really are getting a great opportunity to meet a lot of different people.

Are certain personality types better suited to cycling through a series of interim jobs than others?
There is a thing called a multiculturalist. I've done some research on people who are really good at going into different cultures and adapting quickly. Some people are good at it, some people aren't. The temp position is in a sense requiring you to go into completely different cultures in a serial fashion as you would if you were doing international relations or development. The main qualities they have are adaptability, flexibility, being a quick study and unflappable. If you could cultivate those qualities and see yourself as a multiculturalist going into different cultures, almost an anthropological mindset, it can help.

If you apply yourself there are ways to adapt to the temp treadmill and ways to get off it completely. ISTOCK

OPPORTUNITIES & ADVANTAGES
OF A POST-SECONDARY DEGREE

ISTOCK/THINKSTOCK

More than ever, students need to understand that attending a post-secondary institution provides opportunities and advantages that others might find lacking later on in life.

Today, the global economy is becoming more competitive and, in order to improve the chances for a well-paying job, a post-secondary education is extremely important.

According to many studies, the fastest-growing jobs of the future will require some post-secondary education or training. Graduates can earn twice as much as high school diploma holders. Many economies are shifting to knowledge-based from manufacturing-based. A post-secondary education serves as a gateway to better options and more opportunities.

Attending lectures from experts in the field, and reading and researching encourages students to think, to ask questions and to explore new ideas. All this adds to a student's development and growth, and provides post-secondary graduates with an edge over those who have only graduated from high school. Post-secondary life also provides one with valuable connections and resources, adding to the number of options available after completing graduation.

The variety of courses and programs can be as specific or generalized as you require.

A post-secondary education is the best possible way to insure higher earning power after graduation. Companies are looking for well-rounded employees who can hold a conversation with confidence, and a post-secondary degree signifies the level of discipline, effort and intelligence of which most employers seek.

The truth of the matter is that there are no disadvantages to graduating with a post-secondary degree program. Along with increasing one's earning potential and promotion potential, the most important improvement occurs with one's self-image. A college education gives you a sense of accomplishment and confidence that may just be what is needed in your professional and personal life.

BLENDED LEARNING OPENS DOORS
AT MH VICARS SCHOOL OF MASSAGE THERAPY

CONTRIBUTED

Independent and blended learning opens doors for students who can't access traditional classroom-based learning.

Massage, for example, would once only have been offered in a traditional classroom. Now, MH Vicars School of Massage Therapy is the only Alberta school training therapists using an independent-study model that meets the new national curriculum standards.

The school was founded 11 years ago by creating a program that offered the best features of pre-existing schools — the flexibility of so-called correspondence schools with the academic rigor and enriched programs of the best traditional colleges.

With MH Vicars' independent-learning program, you can do all this without having to give up your day job. Monthly classes meet Thursday through Sunday once a month in Edmonton or Calgary.

MH Vicars' monthly students often travel several hours to attend classes in order to enjoy the benefits of post-secondary education without uprooting their families.

"We've had students from all over Alberta, from the Territories, and from Saskatchewan, B.C., and Manitoba," says Maryhelen Vicars, the school's founder. "It's a long commute once a month, but for them it's better than having to uproot their families."

The next monthly classes begin in January for graduation in June 2015. Call Rachel at 1-866-491-0574 or email info@mhvicars-school.com for your free career information package, or to book a school tour.

Get your hands on your future

Looking for a well-paid, low-stress career with a future that actually excites you?

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MH VICARS SCHOOL of MASSAGE THERAPY

MHVicarsSchool.com Call 1.866.491.0574

Lightning centre Steven Stamkos is taken off the ice on a stretcher after breaking his leg against the Bruins in Boston on Monday. ELISE AMENDOLA/THE ASSOCIATED PRESS

Stamkos injury felt by Bolts, Team Canada

NHL. League's leading scorer out indefinitely with a broken leg

When Steven Stamkos crashed into the post in Boston on Monday afternoon, the shock waves could be felt all the way to Sochi, Russia.

The Tampa Bay Lightning star is out indefinitely with a broken right tibia, an injury that could be a significant blow to Team Canada in its efforts to defend gold at the Olympics. Stamkos was the NHL's leading scorer at the time of his injury and figured to be a lock to make the team.

"Certainly from a Canada perspective, I don't know of a time frame, but certainly probably going to be questionable if he can play in the Olympics," said Detroit Red Wings general manager Ken Holland, who's part of Canada's management team. "Big loss for Tampa, big loss for our league."

Stamkos lost his balance and crashed into the net during the second period of the Lightning's 3-0 loss to the Boston Bruins. He writhed in pain on the ice and appeared to tell a trainer, "It's broken."

The broken tibia will require surgery to repair. The Lightning did not release a time frame, likely in part because the complexity of the fracture could affect things.

Surgery is set for Tuesday morning.

"The biggest concern for me, and the rest of the Lightning, is that decisions are made in Steven's best long-term interest, and we feel this is the appropriate course of action," Lightning GM Steve Yzerman said in a statement.

Yzerman is also Team Canada's GM, making this potentially a double loss. Stamkos had a league-best 14 goals and 23 points in the first 17 games of the season, helping Tampa Bay climb to first place in the Atlantic Division.

Hockey Canada president and CEO Bob Nicholson said the major priority right now is Stamkos's health, not the impact on the Olympics.

"This isn't about the Olympic team," Nicholson said on the red carpet before Monday night's Hockey Hall of Fame induction ceremony. "This is about Steve Stamkos making sure he takes care of himself."

THE CANADIAN PRESS

Quoted

"It's unfortunate, and that's the risk of being a National Hockey League player or a professional athlete."

Wayne Gretzky, on Steven Stamkos breaking his leg.

CJFL

Thunder clap Raiders for their first league title

The Regina Thunder rolled into the history books Saturday at Mosaic Stadium with a 55-26 victory over the Vancouver Island Raiders for their first Canadian Junior Football League Championship.

The title is the Thunder's first in their 14 years of existence and comes after they dethroned the reigning champion Saskatoon Hilltops in the Prairie Football Conference (PFC) title game in October.

With the PFC owning hosting rights for this year's national championship, the Thunder played out the big game right at home in Regina.

The visiting Vancouver Island Raiders, based out of Nanaimo, won a spot in the Canadian Bowl by blowing past the Ontario champion Windsor AKO Fratmen 50-3 in the Jostens Cup. METRO

CFL

Calvillo thinking of retiring

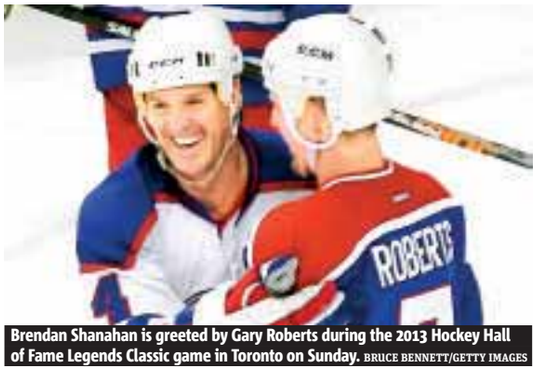
Quarterback legend Anthony Calvillo says he is leaning toward retiring.

The Canadian Football League's all-time passing leader said he has not made a final decision, but he will discuss his future with Montreal Alouettes owner Bob Wetenhall on the weekend. It is highly possible his 20-year career is over.

Calvillo, 41, and the Alouettes suffered a 19-16 overtime loss to Hamilton in the East semifinal.

THE CANADIAN PRESS

Shanahan targets next generation on checklist



Brendan Shanahan is greeted by Gary Roberts during the 2013 Hockey Hall of Fame Legends Classic game in Toronto on Sunday. BRUCE BENNETT/GETTY IMAGES

It's a ritual of Hockey Hall of Fame induction weekend for members of the selection committee to read the plaques of incoming members.

As chairman Pat Quinn read Brendan Shanahan's on Friday, he paused to go off script.

"The only player in NHL history to record 600 goals and 2,000 penalty minutes," Quinn read aloud before ad-libbing. "You can imagine him giving out the fines and the suspensions today."

That's now Shanahan's job as the NHL's vice-president of player safety.

Life after playing hockey

Brendan Shanahan began working for the NHL as vice-president of hockey and business development in late 2009. In June 2011, he succeeded Colin Campbell as the league's disciplinarian.

Shanahan put up 656 goals and 698 assists in his playing career, numbers that made him worthy of induction Monday night along with defencemen Chris Chelios and Scott Niedermayer, late coach Fred Shero and Canadian women's team defenceman Geraldine Heaney.

But commissioner Gary Bettman believes Shanahan's legacy will ultimately be defined by what he does in an office. "I think his contributions to the game, based on what he's doing now, will even exceed what he did in the 21 years that he played," Bettman said. "He's making a real mark on how the game is played, making it safer for current players and generations to come." THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Some people never stop moaning and you will give them something to moan about! Misery loves company but you have no intention of joining them in their pathetic "woe is us" mind-set.

♉ Taurus
April 21 - May 21
You may have to burn the candle at both ends to make up for falling behind in your schedule but it will be worth it. Just remember that after you have reached your goal you should take it easy.

♊ Gemini
May 22 - June 21
What you hear about today will tell you all you need to know about someone's motive. Whether you consider it "good" or "bad" is not important. What matters is that you can work together.

♋ Cancer
June 22 - July 23
Jupiter in your sign is linked with the Sun in Scorpio today, so what you choose to do with your time will not only be successful but a lot of fun. Try not to overdo it but, if you do, the hangover will be worth it.

♌ Leo
July 24 - Aug. 23
If you have done something you are proud of, shout about it. The more you make a show of your talents now, the more opportunities will come your way later.

♍ Virgo
Aug. 24 - Sept. 23
Use your mind today. You won't need to force others to do your bidding as long as you ask nicely, and show them how they can benefit too.

♎ Libra
Sept. 24 - Oct. 23
This may be a time of big changes in your affairs but that does not mean you can afford to be reckless. The planets warn if you go over the top today, it could cost you.

♏ Scorpio
Oct. 24 - Nov. 22
Some of the goals you have set may seem optimistic but you have faith in your abilities. Can you move mountains? Well, most mountains, if they see you bearing down on them, will get out of the way.

♐ Sagittarius
Nov. 23 - Dec. 21
Stick to the facts and don't let wishful thinking turn your head. You need to be realistic about what you are doing and what your prospects are for success. They're excellent, but you still need to plan carefully.

♑ Capricorn
Dec. 22 - Jan. 20
Don't make an issue of it if someone disagrees with your opinions today. There is no reason why you should take it personally and if you do, it will put you at a disadvantage.

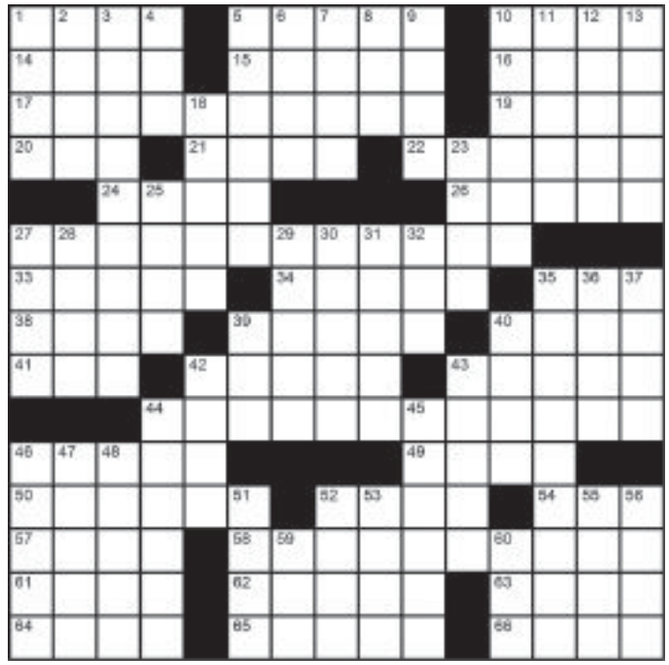
♒ Aquarius
Jan. 21 - Feb. 19
You are in one of those moods when you either take things too seriously or you take nothing seriously at all. Either way, you will upset people, but that's OK. It's part of your role in life to stir things up.

♓ Pisces
Feb. 20 - March 20
The Sun and Jupiter combine across the two most dynamic areas of your chart today, making this the ideal time to get started on a project you've been planning. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

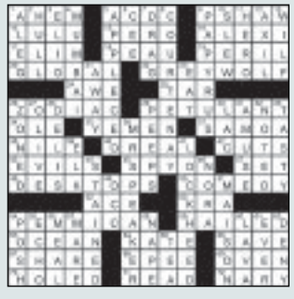
BY KELLY ANN BUCHANAN



Across
1. Uncertain
5. Maples
10. Assemble the dried clothes
14. Extra
15. Biathlon gear
16. Biblical twin
17. Klondike Gold Rush participant
19. Tears
20. Speaks, slang-style
21. Tori of tunes
22. Author Mr. Hemingway
24. Currency across the Atlantic
26. Buenos __, Argentina
27. __ Party of Canada
33. Mr. Fudd of 'Bugs Bunny' fame
34. Wipe the __ clean
35. Type of dog
38. Curved musical line
39. Unyielding
40. Sickness relief
41. Small amount
42. Started
43. __ Wrap (Kitchen roll)
44. It's been moving northwestwardly from the Canadian Arctic in the direction of Russia, North __ __
46. Eyewear, colloquially
49. Sir Coward of plays
50. Wish for: 2 wds.
52. '60s band, The __ Brummels
54. Curve
57. Wine-producing region in Italy
58. Sketch comedy show gig: 2 wds.
61. Keyboard key
62. The Beatles generated lots of it!
63. Pre-stereo
64. Boat's stability provider
65. Fatty, in cooking
66. Ship's figurehead site

Down
1. Pixies
2. Golfer's "Look out!"
3. Permafrost, as some might call it: 2 wds.
4. Positive response
5. Ground shaker
6. Puerto __
7. Tiny amphibians
8. "Shine a Little Love" gr.
9. Parched
10. Mountain city in southeastern BC
11. Wickerwork material
12. __ of judgment
13. Does some housework
18. Potato gadget
23. Electronica music dance party
25. Selfish sort
27. "__ la vie!"
28. Stewpot
29. Signal for peace
30. Pond buildup
31. Corrupt
32. "__ be my pleasure."
35. Canadian shipping company
36. The __ Mountains (Range in Russia)
37. Singing cowboy Mr. Autry
39. Li'l rule
40. Superhero's outfit part
42. Rope fibre
43. Sprinkle the Comet, proceed to what?
44. Concordia's rival in Montreal
45. Sort of: 3 wds.
46. Looseness
47. Mail, in Montreal
48. Between: French
51. Electrical resistance units
52. Scourge
53. Modify
55. Montreal-born singer, Ginette __
56. Brag about
59. __ de Cologne
60. Rapscallion

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		2		3	8			
		8	7			9		
			4				6	2
		9	6			3		5
	6						4	
8		1			4	6		
3	1				5			
		5			1	7		
			2	9		1		

Friday's Sudoku

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